

GENERAL SCIENCE

Kinsey's Data on Females

The long-awaited report, "Sexual Behavior in the Human Female," reveals that married women are more faithful than men.

Miss Stafford examined pre-publication proofs of this book and discussed the findings with Dr. Kinsey and his co-authors in Bloomington, Ind.

By JANE STAFFORD

► MARRIED WOMEN are more faithful than married men. Only about half as many women as men commit adultery during their married lives.

This is the case, at least, for those men and women who contributed histories to Dr. Alfred C. Kinsey and associates of Indiana University for their studies of human sexual behavior.

Sexual activities of women, in and out of marriage, is the subject of the long-awaited second Kinsey report, to be published shortly in a book, "Sexual Behavior in the Human Female," by Dr. Kinsey and Dr. Wardell B. Pomeroy, Clyde E. Martin and Dr. Paul H. Gebhard (W. B. Saunders Company).

Of the married women in the study, 26% of them by 40 years of age had been unfaithful to their husbands. This contrasts with the 50% ("about half") of unfaithful husbands reported in the earlier Kinsey study.

Between the ages of 26 and 50, between one in six and one in ten married women were unfaithful. The figures may be higher, Dr. Kinsey says, because some of the wives may have covered up this part of their sexual activities.

Periods of infidelity of wives are sporadic. By the age of 40, the wives are being unfaithful once in two or three weeks if the number of occasions are averaged over a year. But many of the unfaithful wives were faithful for long periods. The periods of infidelity might come during a vacation or while they or their husbands were on a trip away from home.

One difference among women, which showed up in other sexual activities, related to when they were born. Of wives born before 1900, 22% instead of 26% were unfaithful by age 40.

Most of the men with whom the wives committed adultery were married men of about the same age as the women. In some social groups, there was "wife swapping" with both husbands and wives knowing about the activity. In some cases, husbands urged their wives to infidelity either for money or with the hope of gain in social prestige, for example, to please a man who

might give the couple entry to a higher social level.

About half the husbands of unfaithful wives knew or suspected the infidelity, according to the wives. The wife's infidelity caused serious trouble, sometimes leading to divorce, in 42% of the cases, but no trouble in 42%. In the other cases, the husband did not know or suspect the unfaithfulness.

Men rated their wives' infidelity as a primary factor in divorces twice as often as women rated unfaithful husbands as the primary factor leading to divorce.

But one factor that seems of prime importance in causing wives to be unfaithful is the difference between men and women in ages of sexual responsiveness. Our educational and social patterns work against the monogamy we prefer by making many, if not most, husbands too old sexually for their wives.

By the time a woman reaches her late forties, her slightly older or even the same aged husband is way past the prime of his capacity for sexual activity. But the woman does not reach the stage of decline in sexual activity until her mid-fifties or even sixties. As the frequency of marital intercourse drops when the wife is still in her forties, she is likely to turn, at least on occasions, to other men.

The frequency of intercourse between husbands and wives is set largely by the husbands. Married women who talked about this to Dr. Kinsey said that there was remarkable regularity in the frequency of intercourse. For the average woman married in her late teens, the frequency was 2.8 times per week. By the time she was 30 this had dropped to 2.2 per week and by age 40 to 1.5 per week. Older women, 50 and 60 years, had intercourse once a week and once in 12 days on the average.

In each age group to age 40, however, there were some married women reaching orgasm (climax) in their marital intercourse on the average four times a day every day in the week. By the age of 50, only two of those interviewed were reaching orgasm seven or eight times a week and none at this age were having orgasm more frequently.

More than 7,500 women told the Kinsey interviewers facts about themselves they would not tell even a sister or close friend. Dr. Kinsey makes the point that women on the whole do not talk about sex or their sex lives as men do. That explains why much less has heretofore been known about the sexual activities of women and girls.

The present study, however, is based on only 5,940 histories of white females. Another 1,849 have not yet been analyzed.

The ages of the 5,940 women ranged from two to 90 years. Information on the two-year-olds came from their mothers, though many of the older women gave their recollections as far back as age five. Most of them belonged to what Dr. Kinsey calls the "upper educational level."

More than half, 56%, had some college training and 19% had finished college and gone on into graduate work in colleges or universities. Only 17% had gone no further in school than high school, and only 181 women out of the entire group in the present study had never gone beyond grade school.

The amount of schooling the women had, however, made very little difference in their sexual activities. This is one way in which the girls and women differed from boys and men. Among the latter, the amount of schooling made considerable difference in sexual behavior.

The 5,940 women came from all parts of the nation, although fewest were from the Southeast, Pacific Northwest, high plains and Rocky Mountain regions.

Where the girls and women lived, however, made very little difference in their sexual behavior. Most of them were from



ALFRED C. KINSEY—The director of the Institute for Sex Research, Dr. Kinsey, is shown in a working pose.

For your convenience, the Kinsey story is on these four center pages that may be lifted out for filing.

cities and towns and there were slight differences between the urban and rural groups.

Catholic, Protestant and Jewish girls and women were included in the survey as were those with no religious affiliation. Being devoutly religious seemed to make some difference in the sexual behavior of these girls and women, up to a point. But the differences were not related to the particular church or religious group.

The 5,940 women and girls, like the 5,300 boys and men of the previously published study, came from many walks of life. Their occupations ranged from acrobat to YWCA staff, and covered about 200 different kinds of work. Included were such diverse callings as union organizer, minister, poet, policewoman, taxi driver, glass blower, sculptress, prostitute, interpreter, farmer and electrician. The occupations of their fathers were about as varied. But neither their own nor their parents' occupations made any significant difference in their sexual activities, with a few exceptions.

Some Sorts of Experience Help Success in Marriage

► PARENTS WHO want their daughters to marry happily and make a success of marriage may want to encourage the girls to have many dates. Some will decide to turn a blind eye on petting, even when it goes on to more than just petting.

The reason is that such experience "may contribute directly to the sexual effectiveness of a marriage."

This is one finding from the study of 5,940 girls and women of all ages, classes and occupations made by Dr. Kinsey and his associates.

"No sort of experience shows a higher positive correlation" with sexual success in marriage than intercourse before marriage, Dr. Kinsey declares.

But he and his staff do not believe that sex is the only factor that determines the success or failure of marriage. On the contrary, he specifically states in the forthcoming book, proofs of which have been shown to me:

"There seems to be no single factor which is more important for the maintenance of a marriage than the determination, the will that that marriage shall be maintained. Where there is this, differences between the spouses may be overlooked or forgotten and minor disturbances may be viewed in a perspective which emphasizes the importance of maintaining the marital union."

"But," he declares, "sexual factors are among those that may contribute to happiness or unhappiness, the maintenance or dissolution of homes and marriages."

The findings of his study "suggest that there may be as many as two-thirds of marriages which will at least on occasion in the course of the years run into serious disagreement over sexual relationships. In a considerable number there is constant dis-

agreement over sexual relationships. In perhaps three-quarters of the divorces recorded in our case histories, sexual factors were among those which led to the divorce."

The histories of the 5,940 girls and women showed not only that those with sexual experience before marriage made a better adjustment in marriage, but that those without such experience were more likely to have marriages that failed.

Actually, almost half the married women in the study were not virgins when they married. About two-thirds (64%) had carried petting or some kind of sexual activity to the point of orgasm (climax), though not all of these had had physical union with a man.

For most, 87%, at least a portion of experience before marriage was had with the man the girl subsequently married. More than a fourth had had such experience ten times or less before marriage. Only 13% had had intercourse with six or more men.

Less than a fourth (23%) of the wives and only a few more of the unmarried women (31%) regretted having such sexual experiences with men before marriage.

Nearly 18% of the women who had such experience while unmarried became pregnant. But, Dr. Kinsey declares, "there is practically no excuse for such a rate today" with modern, effective contraceptive devices.

Veneral disease also, he points out, is no longer significant as a bar to sexual experience without marriage, chiefly because of the ease and certainty with which it can be cured.

The kind of homes the girls and women came from and their educational background made little difference in whether or not they had sexual experience including intercourse with men before marriage. Religious training kept some of them from such activities but not even this stopped all of them. And once a girl had overcome or overthrown any religious scruples, she was no different from any of the others in the frequency of her activities.

One big difference found among women was the decade in which they were born. Among those born before 1900, less than half as many had intercourse with a man before marriage as those born in any subsequent decade.

This difference, found also in petting before marriage, is one of the greatest changes in patterns between the older and younger generations. It reflects changes in attitude started by the teachings of Havelock Ellis and Freud and further developed by the emancipation of unmarried women, especially in America.

The sexual patterns of the "roaring twenties" which so much disturbed the older generation then are still with us, Dr. Kinsey finds. But the older generation is less disturbed by them today because the older generation now is the one that introduced the new patterns.

This is fortunate because the chief damage a girl suffers through heavy petting or intercourse before marriage or both comes

from any guilty feelings she may have about it. If extreme, such guilt reaction may damage her marriage later.

Guilty feelings about any kind of sexual behavior, Dr. Kinsey finds, can be more damaging than the behavior itself. The guilt reaction may lead to homosexual behavior or to various types of impotence and frigidity.

Even when not carried to the point of intercourse with a man, extensive petting before marriage provides girls with useful experience, in Dr. Kinsey's opinion. He states:

"It is petting rather than the home, classroom or religious instruction, lectures or books, classes in biology, sociology or philosophy, or actual coitus (intercourse between man and woman) that provides most females with their first real understanding of a heterosexual experience."

"The church, the home and the school," he finds, "are the chief sources of the sexual inhibitions, the distaste for all aspects of sex, the fears of the physical difficulties that may be involved in a sexual relationship, and the feelings of guilt which many females carry with them into their marriage."

Petting experience before marriage gives a girl a chance to learn to adjust emotionally as well as sexually to various types of males, the Kinsey findings suggest. In this way she may become able to choose more wisely the particular man with whom she hopes to make a permanent, till-death-do-them-part marriage.

Kinsey Findings Show Marriage Manuals Err

► MOST MARRIAGE manuals need some rewriting. Some of the advice they give young couples about to be married or struggling through the first difficult year of marriage is wrong, Dr. Kinsey stresses.

Many marriage manuals make a mistake in assuming that: 1. girls and women have less capacity than men to respond sexually; 2. there are more areas on the female body that need or respond to caressing and kissing; 3. girls and women are slower to respond than boys and men; 4. girls develop sexually earlier than boys; 5. there are basic differences in the nature of the climax in men and women, and 6. the girl or woman responds with more emotion, or romantic feeling, than the boy or man.

All these ideas are wrong, Dr. Kinsey finds. The advice based on them, stressing the need for long periods of petting and love-making before a woman is ready to go on to climax, is consequently wrong.

These wrong ideas are age old and appear in both ancient and modern marriage manuals. Some of the old English ballads, Dr. Kinsey points out, tell more of the real facts of life than ancient or modern marriage manuals. They describe women who really knew what sexual response is and who called for direct action instead of dawdling.

"It now appears," Dr. Kinsey states, "that the very techniques suggested in marriage manuals, both ancient and modern, have given rise to some of the differences that we have thought were inherent in females and males."

In the past, he points out, both biologists and philosophers confused reproductive function with sexual behavior. They took it for granted that the reproductive organs and particularly the external ones were the only parts of the body involved with either reproduction or sexual behavior. This is not much different than the old belief, still held by some, that sexual responses originate in the heart.

The idea that a person may control his sexual responses if he sufficiently "puts his mind to the matter" is likewise based on a false notion that sexual responses originate in the head.

The truth is, according to Dr. Kinsey, that ability to respond sexually depends on endings of nerves of touch on the body surfaces, the nerves connecting these organs with the spinal cord and brain, nerves which extend from the spinal cord to various muscles and the autonomic nervous system which brings still other parts of the body into action.

The nerves, muscles and their connections are all present at birth in both males and females. Even newborn babies, some of them, are able to and do respond sexually to stimulation of the nerve endings of touch, in other words to caressing and kissing and pressure. This is true for both boy and girl babies. Dr. Kinsey has records of four girl babies under one year of age who under the stimulus of touch responded sexually all the way to orgasm, or climax.

As a little girl grows older, however, she is usually taught to shun physical contact with boys, to avoid having her feelings aroused by them. This process of conditioning results in attitudes and habits which are hard to change, as are any attitudes or habits when a person is older. Then, suddenly, when the girl gets married, she is expected to decondition herself and respond immediately to her husband.

How difficult this may be is shown by the Kinsey finding that some women were unresponsive in marriage for 28 years before they experienced climax in relations with their husbands.

This conditioning may be what has led to the idea that a woman is slower to respond than a man. Actually, though there is tremendous individual variation, the average woman is capable of responding just as quickly and reaches her climax as quickly as a man. Some of the Kinsey findings on self-gratification in women show this.

The advice in marriage manuals that the husband should give his wife time before expecting her to reach her climax, and should use elaborate petting techniques before climax, is likely to have a contrary effect to that intended. It may slow the woman down.

In lower educational groups, where a minimum of time is given to such foreplay, as scientists call it, the woman reaches climax as often as or even more quickly than the more educated woman. For the less educated groups, the woman may need only a couple of minutes, whereas in the higher educational groups, a half hour or hour may be needed.

Marriage manuals make a mistake in not allowing for such differences in women and in not explaining that brief but uninterrupted physical pressures and continued rhythmic stimulation are really what brings a woman to climax.

Frigidity is less among married women born after 1900 than among those born before the turn of the century. Dr. Kinsey does not like the word frigidity because all women are probably capable of reaching a climax in sexual relationships if sufficiently stimulated physically. But among married women born after 1900, more reach a climax in intercourse than among those born before the turn of the century. This Dr. Kinsey says is due to the freer and franker discussion of sex in the younger generation, greater knowledge of the subject including knowledge that orgasm (climax) is possible for a woman, and more petting and intercourse before marriage.

For married couples, Dr. Kinsey points out that the time spent in love-making before climax and the various techniques and positions used can be a matter of the couple's own choosing.

Youth Delinquency Up as Elders Don't Understand

➤ GROWN-UPS WHO believe juvenile delinquency has increased, as many do, can blame the increase on their own failure to understand the nature of young people.

This failure in understanding is relatively recent, Dr. Kinsey points out. Before the last century or so, it was well understood that the teen-agers were the ones who had the greatest sexual capacity. The love affairs of teen-age boys and girls were the theme of the great romances. Helen of Troy was 12 years old when Paris carried her off from Sparta. Tristram was 19 when he met Isolde. Juliet was less than 14 when Romeo made love to her.

"All of these youth, the great lovers of history, would be looked on as immature adolescents and identified as juvenile delinquents if they were living today," Dr. Kinsey declares.

The sexual behavior of young people has not changed much through the centuries. But, as many a teen-ager has complained, the old folks don't understand. Dr. Kinsey says it for them:

"It is the increasing inability of older persons to understand the sexual capacities of youth which is responsible for the opinion that there is a rise in juvenile delinquency."

Although boys reach the peak of their sexual capacity in their mid-teens and

girls in the twenties, some boys and girls are capable of being sexually aroused at very early ages. The Kinsey findings justify the statement that sex life can start in the cradle. Included in his records are those of babies under one year responding to the point of orgasm, or climax, by self-stimulation.

About four percent of the 5,940 girls and women who volunteered their sexual histories thought they were responding sexually by the age of five. A few recalled making specific sexual responses to physical stimuli and even to psychologic stimulation as young as the age of three.

Just as grown-ups fail to recognize the sexual capacities of teen-agers, so many fail to recognize the amount of sex play indulged in by boys and girls younger than their teens. Such age-old games as "mama and papa" and "doctor" are forms of sex play, though the youngsters themselves do not always recognize it as such.

The games and sex play are harmless and, in fact, can help girls learn to adjust to males. But if parents discover children in sex play and punish them for it, they may arouse guilt feelings that will damage the child throughout life.

Grown-ups also are blamed by Dr. Kinsey for sending many an innocent man to prison as a sex offender. A little girl comes home from school and says she met a nice man who petted her or kissed her and gave her some candy. If mother promptly grows hysterical and starts the hue and cry to find the man, she is likely to inflict on her small daughter far more serious damage than any the man did. And the man, if found, may be punished though his only real offense was a kind gesture to a child.

To show how much grown-up hysteria has magnified the picture of sex crimes committed against little girls by grown men, Dr. Kinsey has the following findings: Of 4,441 girls and women, 24% had been approached before adolescence by grown men who seemed to be making sexual advances. But three-fourths of all the girls in the study had not recognized that they had ever been approached by an older male.

Among the 4,441, there was only one clear cut case of the little girl having suffered physical damage.

In nearly two-thirds of the cases Dr. Kinsey has in his study, the man's approach consisted of either talk or exposing himself. But rapists, Dr. Kinsey found in his study of male sexual behavior, very rarely start as exhibitionists.

Ever since his first study, "Sexual Behavior in the Human Male," Dr. Kinsey has been stressing the fact that our sex laws are "unrealistic, unenforceable and incapable of providing the protection" expected.

In most states, his findings show, 90% of the men and 85% of the women are regularly breaking some sex law. Enforcement of the laws obviously is not complete nor even just, since a few are penalized though many are guilty.

A whole breed of teen-age lawbreakers and blackmailers has been developed by

sex laws in many parts of the country. These are laws which penalize homosexual approaches as well as activities. Taking advantage of such laws, teen-aged boys have been known to seek satisfaction in sexual contact with men and then to blackmail and assault and murder the man, if necessary. The youth escapes legal punishment, even for the murder, by making the "specious plea" that he was protecting himself from indecent sexual advances.

A modern attempt to analyze some of the factors that may be involved in sexual behavior was recently made in a study at the New York Psychiatric Institute. The idea was to perform prefrontal lobotomy. This operation has been done on thousands of mentally sick in the hope of restoring them to sanity.

The operation consists in making a cut through the frontal lobes of the brain. The theory is that this relieves mental sickness by cutting nerve pathways responsible for unhappy or unrealistic thinking.

Dr. Walter Freeman of Washington, D. C., went to New York to do some of the operations. Dr. Freeman pioneered the operation in this country.

Dr. Kinsey and Dr. Pomeroy were asked to help evaluate the results. They agreed to do this, but insisted that two to three years would have to elapse between the pre-operation and after-operation interviews. The men they interviewed after the operation showed definite lessening of sexual responsiveness. The women did not. This, Dr. Kinsey says, is what might be expected. In the years after the operation, the men would have become less responsive because of the aging factor. This factor develops much later in women.

Gland in Head Tied to Earlier Male Sex Aging

► THERE IS some evidence for believing that a small gland at the base of the brain and certain body chemicals called 17-ketosteroids may have more to do with the sexual aging of men and women than the sex glands themselves.

Findings suggesting this are perhaps the most surprising of all the data on sexual behavior of 16,000 males and females acquired by Dr. Kinsey and his colleagues.

One of the few big differences Dr. Kinsey has found between men and women is in the ages at which they are sexually most responsive and active. For the human male, this is at about age 16 or 17, after which the male's sexual activity and capacity decline. Most women reach their greatest level of responsiveness in the twenties and remain on the same level to the middle fifties or sixties.

This does not appear to be correlated with any difference between the sexes in anatomy, physiology, capacity to be aroused by mental stimuli, so-called male or female hormones, or any other factor except the output and presumably production of the chemicals called 17-ketosteroids. About

three-fourths of these chemicals are produced by the adrenal glands, famous because they also produce adrenalin and the arthritis remedy, cortisone.

As far as is known, male and female hormone output declines in both sexes with aging of the reproductive glands, the testes and ovaries. But 17-ketosteroid production follows the curve of sexual capacity. In the human male, it drops steadily from a peak in the late teens, when sexual capacity is at its height, to old age.

In the human female, the 17-ketosteroid production reaches a peak in the twenties, as sexual capacity does, and then drops to a plateau on which it stays for many years, declining only as she reaches her mid-fifties or sixties.

The rate of 17-ketosteroid production may be the cause of the difference in male and female sexual capacity, or it may reflect a more basic physiologic situation. Dr. Kinsey and his group do not know the answer to this yet.

Still to be answered also is the question of the exact significance of the pituitary gland in the head in male and female sexual responsiveness. This little gland has often been called the master gland of the body because of the influence it has on other glands and body functions.

In male fowl, cells in the front part of the pituitary gland gradually fill with little granules, called mitochondria, as the bird ages. There is no corresponding filling of the gland with these granules in aging female birds. This finding was made by Drs. Fernandus Payne and William Breneman of Indiana University. Dr. Kinsey points out that this sexual difference correlates with his findings on the sexual capacity and behavior of human males and females, although studies of human pituitary glands have not yet been made to show whether there is a change in them similar to that in the birds.

Men and women, boys and girls, do differ greatly in the way psychological, or mental, factors affect them sexually.

Of 33 items, from seeing nude figures to being aroused by the sight of a woman's glove or stocking, there were only three which excited more women than men. These three were commercial moving pictures, romantic literature and being bitten by her lover.

Pictures and writings intended to be sexually exciting, whether fine art and literature or scribbles and drawings on walls, are much more often produced by men for men. Only eight or ten of all the great artists who portrayed nude figures in an erotic way were women, Dr. Kinsey points out.

Getting excited by seeing some article of clothing of the other sex, which scientists term fetishism, may explain the reason why some men want to dress as women and live as women. For every 100 men and boys who are transvestites, Dr. Kinsey says there are probably no more than two or three or half a dozen women and girls with the same desire to dress and live like men.

The males who wish to be identified as females are, Dr. Kinsey declares, in reality very masculine in their capacity to respond sexually to psychological stimuli.

Just as there are fewer transvestites among women, so there are fewer homosexual women than men. The Kinsey figures show 20% of girls and women have engaged in this kind of sexual activity compared to 37% of the males interviewed.

The reason women are less promiscuous than men and may go for long periods without any sexual activity is probably the fact that they are not conditioned to be excited by so many psychological stimuli.

Dr. Kinsey did find, however, that two-thirds of the girls and women interviewed had, at least on occasion, had sexually exciting dreams at night. While this means considerably fewer females than males have such dreams, and females have them less often, the fact that so many do should please the boys and men who often say they hope their girl friends dream of them at night.

Petting with boys or men is the sexual activity, of six possible types, in which the largest number of girls and women engage before marriage. Self-gratification (masturbation) is the one in which the second largest number of girls and women engage both before and after marriage.

The poets who wrote that "love is blind" and the romantic Frenchmen who spoke of "la petite mort" and "la mort douce" ("the little death" and "the sweet death") in connection with a love affair were quite right, according to the Kinsey findings.

At the climax (orgasm), besides changes in pulse rate, circulation, breathing rate and blood pressure, the senses are dulled and vision may be completely lost for a moment or two, so that there is a temporary blindness. In some persons, there is even loss of consciousness temporarily, or anesthesia.

This loss of sensation includes loss of sense of pain, which, Dr. Kinsey thinks, may explain some aspects of sadomasochism. A person may get extreme and painful punishment at the height of sexual climax without feeling anything more than mild touching.

The physical reactions in sexual climax are much like those in anger and in epileptic fits, Dr. Kinsey finds. Brain wave tracings from a person during climax (orgasm) have been made by Dr. Abraham Mosovich of Buenos Aires, Argentina. A specialist in interpretation of brain wave records would think when he first looked at this recording that it was from a patient with epilepsy, Dr. Kinsey says.

Throughout the book on female sexual behavior, Dr. Kinsey stresses the similarities of human behavior, both male and female, with that of other mammals. And he secured occasional records of girls and women, as well as of boys and men, having sexual contact with animals such as cats and dogs. The animal contacts, however, are much less for the women than the men.